



CUPERTINO

# FITFEST

Saturday, March 14  
Quinlan Community Center

## CLASS SCHEDULE

### Cupertino Room

8:15 a.m. - 9:00 a.m.

Bombay Jam  
w/ Archana P.

9:10 a.m. - 10:10 a.m.

HIIT/Functional  
Fitness  
w/ Aboli

10:20 a.m. - 11:20 a.m.

Yoga  
w/ Polly

11:30 a.m. - 12:30 p.m.

Zumba  
w/ Monica

### Social Room

9:30 a.m. - 10:00 a.m.

Yang Taiji  
w/Mau

10:15 a.m. - 10:45 a.m.

Chen Taiji  
w/ Mau

11:00 a.m. - 11:30 a.m.

Dance Cardio  
w/ Jocelyn

11:45 a.m. - 12:15 p.m.

Line Dance  
w/ Jenny & Polly

### Dance Room

9:10 a.m. - 9:40 a.m.

VivAsia  
w/ May

10:00 a.m. - 10:30 a.m.

Chair Volleyball  
w/ Marla

10:45 a.m. - 11:15 a.m.

Hatha Yoga  
w/ Vasanthi

### Activity Room

8:45 a.m. - 9:15 a.m.

Total Body  
w/ Polly

9:30 a.m. - 10:00 a.m.

Zumba  
w/ Polly

10:15 a.m. - 10:45 a.m.

Dance for Fun!  
w/ Jocelyn

11:00 a.m. - 11:30 a.m.

Core & Balance  
w/ Becky



### DEMO CLASSES

Come for one class or try  
out as many as you like.



### FREE GIFT

Gifts for the first  
100 people.



### RAFFLE PRIZES

>> [bit.ly/fitfest2020](https://bit.ly/fitfest2020) <<